



## 12. Lorsche Triathlon

Lorsch / 02.08.2015

### Detailed evaluation

**Dietrich, Alexander**

Club: DLRG Lorsch e.V.

Number: 7

Course: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Category:

Senioren 2 (TM 45)

**Total time: 1:16:56**

Rank in course/Total: 143 (of 340)

Rank in course/Men: 129 (of 251)

Best time in course: 59:47

Rank in category: 29(of 47)

Best time in the category: 1:02:16

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 9:11          | 3.27          | 7           | 0:50           | 28         | 1:27          | 0.50        | 9:11          | 3.27          | 48          | 0:50           | 252        | 1:27          |
| Wechsel S -> R  | -           | 2:45          | -             | 31          | 1:15           | 134        | 1:22          | 0.50        | 11:56         | 2.51          | 48          | 2:05           | 251        | 2:32          |
| Schwimmen Total | 0.50        | 11:56         | 2.51          | 48          | 2:05           | 251        | 2:32          | 0.50        | 11:56         | 2.51          | 48          | 2:05           | 251        | 2:32          |
| Rad netto       | 20.00       | 37:42         | 31.83         | 33          | 35:06          | 141        | 35:06         | 20.50       | 49:38         | 24.78         | 48          | 32:03          | 251        | 32:03         |
| Wechsel R -> L  | -           | 1:19          | -             | 34          | 0:49           | 182        | 0:50          | 20.50       | 50:57         | 24.14         | 48          | 31:48          | 251        | 31:48         |
| Rad Total       | 20.00       | 39:01         | 30.76         | 33          | 34:51          | 147        | 34:51         | 20.50       | 50:57         | 24.14         | 48          | 31:48          | 251        | 31:48         |
| Lauf            | 5.00        | 25:59         | 11.55         | 35          | 7:14           | 179        | 12:13         | 25.50       | 1:16:56       | 19.89         | 30          | 36:04          | 131        | 36:04         |